

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Intervention Name: *Becoming a Responsible Teen (BART)*

Developer: Janet S. St. Lawrence, PhD

Program Description: *Becoming a Responsible Teen (BART)* is an HIV prevention intervention designed originally for African American adolescents. The program aims to improve communication and negotiation skills related to condom use and increase knowledge of HIV/AIDS.

Component 1: Curriculum

The program consists of eight sessions delivered through interactive group discussions, videos, and games by trained male and female adult facilitators. Adolescents also create and learn through role-play scenarios. Sessions include:

- 1: Understanding HIV and AIDS
- 2: Making Sexual Decisions and Understanding Your Values
- 3: Developing and Using Condom Skills
- 4: Learning Assertive Communication Skills
- 5: Practicing Assertive Communication Skills
- 6: Personalizing the Risks
- 7: Spreading the Word
- 8: Taking BART with You

The sessions feature discussion of abstinence as the best way to prevent HIV and pregnancy, as well as talking with local, HIV-positive youth to promote risk recognition and improve perception of vulnerability. The program is designed to help adolescents clarify their own values about sexual decisions and pressures as well as practice skills to reduce sexual risk taking.

Target Population: While originally targeting African American adolescents, 14–18 years old, in community-based settings, the intervention has subsequently been used in a variety of settings, including schools, for diverse youth populations.

Curriculum Materials: The curriculum includes a teacher's guide, session outlines, and a CD with master copies of the handouts. It is available through ETR Associates (<http://pub.etr.org/ProductDetails.aspx?id=390000&itemno=R515>).

Training and TA: The curriculum includes instructions for facilitators. ETR Associates provides two-day educator trainings for *Becoming a Responsible Teen* on a fee-for-service basis. Costs vary depending on the size of the group trained.

For locations in the Philadelphia, PA area, trained group leaders may also be available from Urban Solutions, Inc. (<http://www.philaurbansolutions.org/BART/b.a.r.t.program.html>).

Research Evidence¹

Study Citation: St. Lawrence, J. S., Brasfield, T. L., Jefferson, K. W., Alleyne, E., O'Bannon, R. E. 3rd, & Shirley, A. (1995). Cognitive-behavioral intervention to reduce African American adolescents' risk for HIV infection. *Journal of Consulting and Clinical Psychology*, 63(2), 221–237.

Population Evaluated: African American adolescents from low-income families, who had no current symptoms of HIV infection or AIDS

- Age range between 14 and 18 years
- 28% male and 72% female

Setting: Health center in a medium-sized city in the southern U.S.

Study Findings: At the 12-month follow-up: adolescents participating in the intervention were significantly less likely to report being sexually active in the previous 2 months.

¹ This summary of evidence is limited to studies of the intervention meeting the inclusion criteria and evidence standards for the Pregnancy Prevention Research Evidence Review. Findings from these studies include only those showing a statistically significant positive impact on sexual risk behavior or its health consequences. Studies may present other positive findings beyond those described; however, they were not considered as evidence for effectiveness because they focused on non-priority outcomes or subgroups, did not meet baseline equivalence requirements, or were based on follow-up data with high sample attrition. For additional details on the review process and standards, see the review's Technical Documentation.